



ARIZONA  
DEPARTMENT OF EDUCATION



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# Table Talk

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*"Our greatest natural resource is the mind of a child." Walt Disney*

## *Be Healthy and Safe this Holiday Season*

**Be Healthy:** During the holiday season there are many reasons to celebrate. Celebrating usually involves foods that are high in fat, calories and sugar; however, with a few small adjustments your holiday favorites can be delicious and nutritious.

The holiday meat dishes can easily be healthy when you make the proper choices.

When eating poultry, you should choose white meat instead of dark as it is usually lower in fat. You also want to remove the skin on chicken or turkey. For meats, cooking them on a rack and trimming away any visible fat will also lower your fat intake.

Vegetables are a great choice at a holiday buffet, as they contain little or no fat. Try to avoid smothering veggies with butter or cream sauces. When cooking vegetables try and increase the use of spices and seasonings to decrease the amount of heavy fat.

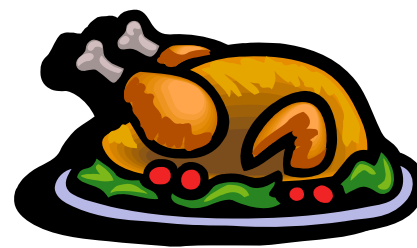
Many seasonal recipes call for dairy products. The easy solution is a skim or low fat dairy product can almost always be used as a substitution. There are also many reduced fat cheeses and spreads that will skimp on the fat but not the flavor.

Finally, make wise choices with desserts. Desserts should not be avoided, just try and enjoy them in a smaller portion. In many recipes applesauce can be used as an oil substitute, and adding 1/4 less sugar than is called for usually does not alter the flavor of many holiday favorites.

Adults and children should keep a healthful eye on their holiday consumption. With simple alternatives and smart choices everyone can have a healthy, happy holiday season.

**Be Safe:** The U. S. Food and Drug Administration is encouraging people to pay special attention to the handling and preparation of foods this holiday season. In order to cut down on the risk of food borne illness remember the four step safety precautions of clean, separate, cook and chill. When cleaning be sure to wash hands, surfaces and utensils. Separate for safety by placing all fruits, vegetables and ready to eat foods away or above all raw meat, poultry and seafood. Be sure to cook all foods to their proper temperature and use a food thermometer (food temperatures can be found in the safety section of this issue). Finally, refrigerate promptly and make sure all creamy desserts and cold meat, pasta or egg dishes are being chilled properly and refrigerated if they are not being served immediately. For more holiday food safety information, visit <http://foodsafety.nal.usda.gov>.

CACFP and ADE would like to wish everyone a happy, healthy and safe holiday season!

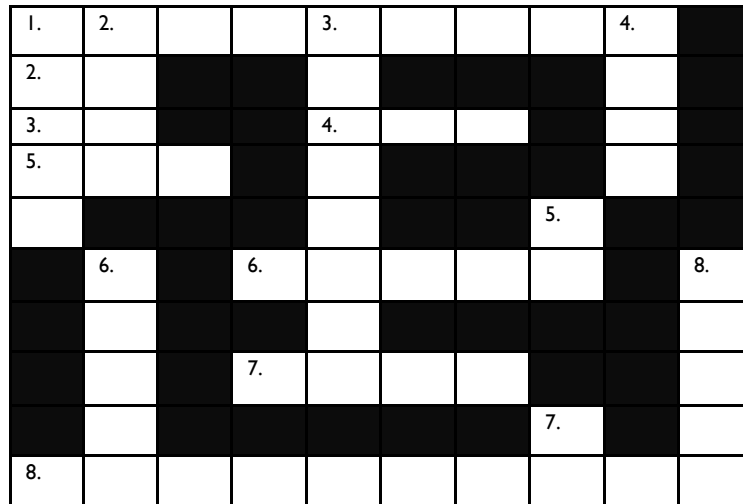


## Top 10 Safety Rules When Cooking with Kids

- Wash hands with soap before beginning
- Clean work area surfaces before and between preparing foods
- Keep cold foods refrigerated until you are ready to use them
- Wash all fruits and veggies, even if you peel or cook them
- Throw out foods that fall on the floor
- Don't sneeze or cough near food
- Use plastic knives with older children and no knives with young children
- Avoid using electrical appliances
- Only Adults should use the stove
- Clean up spills quickly



# CACFP Crossword



### ACROSS

1. Must not exceed two in one week
2. You may claim 2 meals and one snack \_\_\_\_ one meal and 2 snacks
3. Is it true that ADE must announce reviews?
4. When should meal counts be taken (abr)
5. Point of service meal counts should be taken and done before the \_\_\_\_ of the meal
6. \_\_\_\_ Meal Count Sheet
7. Degrees the freezer should be at or below
8. The same claim for 15 consecutive days

### DOWN

1. Can't be served to babies due to botulism spores
2. This must fortify infant formula and cereal
3. Clean, \_\_\_\_, Cook, Chill
4. The reimbursement is at a set \_\_\_\_.
5. October 1 marks the beginning of this (abr)
6. A \_\_\_\_ rights training is required once per year
7. Should be dated no sooner than 9/1 (abr)
8. Due by the 10<sup>th</sup> of the month

Look for answers in the next issue of Busy Body.

## Compliance Concerns

### Corrective Action

As review season gets underway, please be aware that any assigned corrective action must be completed, approved, and permanently corrected on or before the due date given. If no corrective action is received by your specialist, this could result in a Serious Deficiency determination. Further inattention to this requirement will end in termination from the program. Contact your specialist with any questions regarding corrective action.

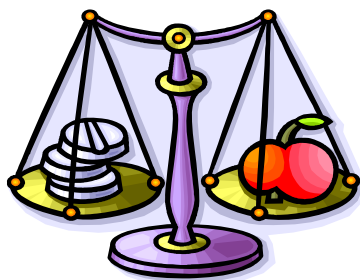
### Infant Daily Production Records

Do not get confused when it comes to filling out the Infant Meal Production Records. A few facts to keep straight are that infants are fed on demand, they do not have to fall into a designated meal time. The amount of food served to the infant (not consumed) must be recorded at each feeding time. Pay attention to which production record you are using. They differ by age, and all of those foods listed at the top of the production record must be served and recorded in the amounts indicated. Lastly, every infant being fed must have an infant feeding preference form on file.



# ADMINISTRATIVE COSTS AND OPERATIONAL COSTS

Starting in Fiscal Year 2008 all sponsors are required to separate all monthly expenses into two groups, administrative costs and operational costs. Administrative costs are those that involve the planning, organizing, and management of CACFP. Operational costs are those that are directly related to the meal service, such as the preparation and service of CACFP meals. Study the following chart to help distinguish between what would be



an administrative or an operational cost. The monthly claim worksheet has been updated online to reflect this change.

## And the Outstanding

## Menu Award Goes to...



The Blake Foundation! CACFP would like to thank the Blake Foundation for providing an outstanding menu for program participants. Any center can be eligible to receive an outstanding menu award. The menus must meet the minimum requirements, such as whole grain items three or more times per week, five different fresh fruits per week and juice no more than twice per week. For further information on the outstanding menu award requirements, please contact your specialist at (602) 542-8700.

Budget Line Item	Administrative Costs (Managing Nonprofit Food Service)	Operational Costs (Preparation/Service of Meals)
Labor/benefits	Owner, Director, Monitor	Teachers, Cook
Training/travel	Director - renewal training	Cook - Serving It Safe training, Food Handlers Cards
Food	N/A	Net food used/delivered
Supplies/Equipment	Pens, paper	Pots, plates, bleach, utensils
Rent/mortgage	Office space	Kitchen, service areas
Contracted Services	Leased storage space	Refrigerator repair, pest control
Communication/Utilities	Internet, phone	Water/Trash, Electric,
Financial & Other Costs	Accountant, Computer	Stove, refrigerator
Unaffiliated Totals	All Unaffiliated Admin. Costs	All Unaffiliated Op. Costs, Grocery Shopping

## Safety Stuff

### Food Temperatures

Be sure to cook all food to appropriate temperatures. Use a calibrated thermometer to make sure the proper temperature is reached. It is also a good idea to log food temperatures daily on a temperature log. Here are some common foods and their proper cooking temperatures and times:

- **165** degrees for 15 seconds -  
Poultry (chicken, turkey, etc)  
Soups, Stews, Stuffing, Casseroles, Mixed Dishes

Leftovers

- **155** degrees for 15 seconds -  
Hamburger, meatloaf and other ground meats  
Fresh shell eggs (cooked and held for service - scrambled)
- **145** degrees for 15 seconds  
Beef, corned beef, pork or ham - roasts (hold for 4 minutes)  
Beef, Lamb or Pork (steak or chops)  
Fish and shellfish

<http://schoolmeals.nal.usda.gov/Safety/index.html>

## Trainings



**Preparing for Your Child Care Center Administrative Review:** Dec. 6 (Phx) Dec. 10 (Tuc)

**Business Track:** Dec. 11 (Phx), Dec. 11 (Tuc)

**Nutrition Track:** Dec. 12 (Phx), Dec. 12 (Tuc)

**Computer Track:** Dec. 13 (Phx), Dec. 14 (Tuc)

**Serving it Safe:** Jan. 30 and 31, 2008 (Phx)

All classes can be registered for online via ADE's home page: [www.ade.az.gov](http://www.ade.az.gov). All centers up for review in fiscal year 2008 are urged to attend the review preparation trainings, as well as those centers wanting additional administrative technical assistance.

# The Cooking Corner

## Spinach Chicken Enchiladas

**3 cooked Chicken Breasts**

**1 pkg frozen chopped spinach**

**1 can reduced fat cream of chicken soup**

**2 cups shredded Monterey Jack cheese**

**8 small corn tortillas**

**1/2 cup chopped onion**

**8 oz lite sour cream**

**4 oz can green chilis**

Cut chicken into bite sized pieces. Thaw frozen spinach. Mix spinach, soup, sour cream and chilis together. In a separate bowl, mix onion, chicken, and a cup and a half of cheese together. Spoon 1 Tbs of chicken mixture on each tortilla. Roll tightly and place seam side down in baking dish. Once all tortillas are filled and in the baking dish, spoon spinach and sour cream mixture over the top. Sprinkle with the remaining half cup of cheese. Bake uncovered at 325 degrees for

30 to 40 minutes. Serve immediately. 2 enchiladas per serving.

### Nutrition Information:

Protein: 34g

Carb: 34g

Sugar: 4g

Fiber 11g

Fat: 12g



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